# Unit 9: Psychological Perspectives – Case Studies

**Case 1: Ahmed**

Ahmed is 18 years old and has an eating disorder. Ahmed is currently in a specialist treatment centre. He was referred to the unit following concerns about his severe weight loss.

Ahmed's parents had requested medical support, as they had discovered that Ahmed was pretending to eat and then throwing food away once he was alone.

Ahmed previously had problems with his weight and had been bullied throughout school due to his obesity. He is currently refusing to eat more than a small amount of food during the day.

**Case 2: Shazana**

Shazana is 42 years old and regularly attends a Community Psychiatric Clinic for support with her ongoing clinical depression. Shazana was emotionally and physically harmed as a child which has resulted in a low self-image and low self-esteem.

Shazana constantly apologises even though she has done nothing wrong and has days when life does not seem worth living. Shazana has attempted suicide twice.

**Case 3: Zain**

Zain is 56 years old and has a severe phobia of spiders. Zain attends clinic at the local hospital for help. The phobia is so severe that Zain cannot even read stories to his young daughter if spiders are included. He has had several panic attacks in public places when he saw or though he saw a spider. Zain cannot walk past the local toy shop when plastic spiders are on display.

**Case 4: Fareen**

Fareen is 39 years old and has an obsessive-compulsive disorder. She is a voluntary patient on a psychiatric ward at the local hospital.

Fareen is obsessed with the need to be clean and has recently been dipping her hands into neat disinfectant to remove 'germs'. Her husband had ignored this behaviour until Fareen began to insist that he did the same. The family doctor feels that Fareen needs to be away from her family to recover in her own time.